



## Scale of Confidence

Do you think that you suffer from a general lack of confidence or low self-esteem? You were not born that way with a rogue gene! This is learnt behaviour and once you re-programme your mind you can move forward with confidence.

So where are you now?

Take each statement in turn and place a ✓ or X as appropriate.

- You cannot do whatever it is that you want to do
- Do you have thoughts or feelings that stop you in your tracks, making you hesitate
- I generally feel anxious in new social situations
- I often feel like I don't know the right thing to say
- I feel that I need to hear the opinion of others before I can make a decision
- I find it easier to agree to do something than express my real feelings or thoughts
- When I am put in the spotlight I feel very anxious
- I often think negative thoughts about myself
- I'm fearful that I will say or do something that may make me stupid
- I tend to hold back even when I know I could do the task
- You feel as if you have voice or barrier in your mind that stops you moving forward
- When asked to stand in front of colleagues or friends and give a short presentation you have a sense of panic
- When I am asked to do something I tend to remember what went wrong rather than everything that went right
- I have not achieved any of my dreams
- My decisions tend to be made based on a fear that something I do will go wrong
- I look back and have regrets about things I could have done but didn't
- I prefer to avoid any disagreement in case I have to defend my views
- I tend not to do things because my mind is asking me to consider what can go wrong
- 50 years from now, I may look back on things I could have done, but didn't
- Something holds me back when I could go for a new job
- I feel that I have limited choices in life
- I tend to avoid situations where I may fear failing
- I worry that my doubts in one area of my life will spread to all of my life
- I often feel inadequate when I compare my life with others
- I have to think hard to list 5 positive things about myself

Thanks for being so honest with your self. By considering these statements you have shown that you are ready for change.

The scores really don't matter. However we know that you like to add up the ticks.

So, If you ticked 0 to 5 you have a high level of confidence or self esteem

If you ticked 6 to 10 you may well have issues of confidence or self esteem

If you ticked 11 or over, then your life is being held back and you may not be able.....

'To live the dream'.